



**INVITATION and
SECOND ANNOUNCEMENT
for current and new members**

**9th Convention of the
International Network on Sport and Health Science**

**Wednesday 20th - Sunday 24th of March, 2013
Volos (Greece)**

organized by

**Department of Physical Education and Sport Science
University of Thessaly (Greece) and INSHS**



Department of Physical Education and Sport Science (DPESS)
<http://www.pe.uth.gr/cms/>

University of Thessaly, <http://www.uth.gr/en/index.php>

INTRODUCTION OF INSHS

What does it mean „networking”? It means thematic collaboration/cooperation between partners. It means saving money and time and also easy communication. The advantages to network member institutions are (among others) : no obligations, no bureaucratic administration, no participation fee, free choice for being involved in international projects and to promote their international cooperation activity in the most efficient way. **Web site:** www.eusponet.com

International Network in Sport and Health Science (INSHS) is a perfect example for a good functioning higher education thematic network. It was established in **2005 by the Institute of Sport Science of University of West- Hungary** (former Berzsényi College) **Szombathely (Hungary)**. UWH is still the co-ordinator institute of it. Currently we have 32 member institutes from 22 countries from all around Europe and the number of participant institutions are growing year to year. Since 2012 INSHS is going to be open for universities outside of Europe as well. The members are HEI's which are involved in sport and health sciences.

We have had our annual network meetings/conventions in **Szombathely, Hungary (2005)**, **Magdeburg, Germany (2006)**, in **Ljubljana, Slovenia (2007)**, in **Bad Gleichenberg, Austria (2008)**, in **Cardiff, Wales (2009)**, **Telemark, Norway (2010)**, **Tartu, Estonia (2011)** and **Zagreb/Opatija, Croatia (2012)**.

INSHS is an open, innovative network on the field of sport and health science supported by **SportProfNet and Varioo**.

The main strategic goals of INSHS are:

- Improving any kind of cooperation/collaboration activities among the involved higher education institutes (HEI's)
- Enabling formal project partnerships in areas or disciplines that are shared by different HEI's members of the network. What are these areas?
 - Common degrees, curriculum development - BSc, MSc, PhD
 - Common grants
 - Staff and student mobility – Erasmus and other
 - Common research projects
 - Publications
 - Meetings (workshops/seminars) , intensive programmes
 - Conferences, other scientific events
 - Praxis -Leonardo
 - Camps (skiing, water, tourism etc.)

Members:

1. University of West- Hungary (**Hungary**) - coordinator institute
2. FH- Joanneum,(Bad Gleichenberg (**Austria**))
3. University of Primorska (**Slovenia**)
4. Otto - von Guericke University (Magdeburg- **Germany**)
5. University of Bologna (**Italy**)
6. Masaryk University (Brno- **Czech Republik**)
7. University Ljubljana (**Slowenia**)
8. University Zagreb (**Croatia**)
9. University of Alicante (**Spain**)
10. University of Valencia (**Spain**)
11. University Telemark (**Norway**)
12. University of Middlesex (**UK**)
13. University School of Physical Education Poznan (**Poland**)
14. University of Nancy (**France**)
15. Latvian Academy of Sport Education (**Latvia**)
16. Veliki Luki State Academy of Physical Education and Sport (**Russia**)
17. University of Thessaly (**Greece**)
18. University of Tartu (**Estonia**)
19. University of Salerno (**Italy**)
20. University of Enna (**Italy**)
21. University of Leszno (**Poland**)
22. University of Salerno (**Italy**)
23. University of Tallin (**Estonia**)
24. Lithuanian Academy of Physical Education (**Lithuania**)
25. Academy of PE in Katowice (**Poland**)
26. Matej Bel University (**Slovakia**)
27. University of Lorraine (**France**)
28. University Catolica Valencia (**Spain**)
29. Hebei University (**China**)
30. Assuit University (**Egypt**)
31. Universite Paul Sabatier (**France**)

The success of INSHS is marked by many thriving top level organized events, scientific projects international study programmes, student and staff activities over the last eight years. The representatives from the different universities became not just colleagues, but also friends. The challenge of our network is to get more acknowledgement and popularity all over the world and to improve the effectiveness of co-operation between the member universities. I am hoping to meet all of you in Volos!

Best Regards,

Dr. Henriette Dancs, PhD
Head Coordinator of INSHS

Contact email: dancs@mnsk.nyne.hu; (hdancs@yahoo.com)



You are warmly invited to the:

***“9th Convention of the
International Network of Sport and Health
Sciences”***

by

Prof. Yiannis Theodorakis - Vice rector of academic affairs

Prof. Yiannis Koutedakis - Head of the department (DPESS)

Prof. Vasiliki Zisi – Chair of the Local Organizing Committee

Prof. Nikos Digelidis – Erasmus Departmental Coordinator

Prof. Henriette Dancs - Head Coordinator of INSHS



About the Host

University History

The University of Thessaly was founded in 1984 and has elected the first Rectorate Board in 1998. Its administrative and academic centre is in the city of Volos. In order to serve the needs of the region of Thessaly, its first Departments were based on agricultural, educational and technological sciences. In its initial phase of organization and operation there have been eight Departments, seven of them in Volos and one, the School of Medicine, in Larissa. Since 1984 and onwards the University of Thessaly has been gradually growing with new Departments in the four biggest cities of the region of Thessaly, Volos, Larissa, Trikala and Karditsa. Its present academic structure consists of sixteen (16) Departments, four (4) Faculties and they were all founded by the end of 2000-01.

The main mission of the University of Thessaly is the promotion of scientific knowledge through research and the contribution to the cultural and economic development of the local community and wider society. It is known for its excellent research performance and outstanding scientific achievements, in accordance with the international standards. The excellent equipped Laboratories of the different Departments and Research Units have a number of well trained researchers to support them. The members of the academic and research staff participate in European research networks and numerous innovative research projects in the EC.

Emphasis is also given on the bond between the University of Thessaly and the local society. This bond is further supported by the operation of the University Hospital of Larissa which covers the medical needs of the whole region of Thessaly. The University brings also students in contact with the labour market through its *Career Office*, and it encourages a great deal of social activities and public lectures on various issues held by qualified academic staff. Since May 2009 there has also been a significant cooperation between the University and the *National Radio of Volos* for the organization of radio broadcasts, which have a main impact in the local and wider society.

Student life in the University of Thessaly is also rather intense. The students have established well-organised associations which are highly active in the fields of sports and culture.

Today the University of Thessaly has 9.647 undergraduate students, 1.471 postgraduate students and 1.148 PhD students. It also has 560 members of teaching and research staff, 98 members of teaching staff with a temporary teaching contract, 308 members of administrative staff and 57 members of Special Technical Laboratory Staff. It is a University with its own identity and with a prominent position in our national educational system, known for its quality in teaching, research, human resources, spirit of cooperation at all levels and a dynamic presence in the society.

Web pages:

University of Thessaly: <http://www.uth.gr/en/index.php>

Department of Physical Education and Sport Science (DPESS) <http://www.pe.uth.gr/cms/>



General organisation

Suggested day of arrival: 20th March 2013

Suggested day of departure: 24th March 2013

Accommodation



Plastira 1, Volos.

Tel. +30 24210 92700

Fax +30 2421092800

<http://www.domotelxeniavolouhotel.com/en/index.html>

www.domotel.gr

Room prices:

Single Room City View	€	75,00 / night
Single Room Sea View	€	95,00 / night
Double Room City View	€	95,00 / night
Double Room Sea View	€	115,00 / night

It is included:

- Buffet Breakfast with Greek traditional local products
- Free Wi-Fi internet access

- Free use of the Dreamway Spa & Fitness Centre, including the hydrotonic pool, sauna, hamam and gym. (Children under 6 years old are not allowed in the Spa area) <http://www.domotelxenivolouhotel.com/en/leisure.html>
- A 15% discount for the treatments of the Dreamway Spa & Fitness Centre.

Meals:

We will have 4 meals at the hotel (2 dinners and 2 lunches) and 3 coffee breaks for which you will have to pay a total amount of **80 Euros**.

There will be also an optional dinner at a Greek Taverna for which you will need to pay about **20 Euros**.

It should be noted that for Friday night there is no warm dinner scheduled before the snack party. Usually we had so much snacks to eat that we plan no to order warm meal before the party. Like we did many times, bring some traditional cold snacks (sausages, cheese, chocolates etc.) which you should introduce to everybody.

For registration please fill in the “Registration Form”- see below in the Announcement!

This should be sent back until the 1st of March 2013.



http://www.visitgreece.gr/en/main_cities/volos

Travel information

Volos is located in Central Greece so it is an easy to reach destination from both Athens (ATH) and Thessaloniki airports (SKG). It is easier however and requires less time to travel from Thessaloniki to Volos. There is also an airport in Volos, where low cost companies use to fly, but the scheduled flights start on April (<http://newanchialosairport.gr/el/>).

If you choose to fly to **Thessaloniki** (suggested):

- Use the **bus number 78** to go from the airport to the *inter city bus station (K.T.E.L.)* or *train station*. Do not worry about finding the bus! This is the only bus that starts from the small Thessaloniki airport and you can see the station as soon as you go out of the arrivals hall. The ticket is **1 Euro** and you need about one hour to reach the bus or train station. Actually, you reach the train station 5-8 minutes before the K.T.E.L. Find the timetable here (terminal=K.T.E.L., terminus=airport)
<http://www.oasth.gr/routes/routeDetaileng.php?line=61&ml=12&sdc=1>
- Find Thessaloniki – Volos **bus** timetable and ticket prices here:
<http://ktelmacedonia.gr/en/routes/list/tid=26>
- Find Thessaloniki – Volos **train** timetable and ticket prices here:
http://tickets.trainose.gr/dromologia/#apo=%CE%98%CE%95%CE%A3%CE%A3;pros=%CE%92%CE%9F%CE%9B%CE%9F;date=2013-01-20;rtm_date=2013-01-20;trip=1

If you choose to fly to **Athens** (the trip to Volos is much longer):

- Use the metro (or proastiakos) to reach the train station
- Find Athens – Volos **train** timetable and ticket prices here:
http://tickets.trainose.gr/dromologia/#apo=%CE%91%CE%98%CE%97%CE%9D;pros=%CE%92%CE%9F%CE%9B%CE%9F;date=2013-03-20;rtm_date=2013-01-20;trip=1

(There are many other alternatives to travel from Athens to Volos)

Note: When planning your trip take into account that in Athens, the distance airport – train is longer than in Thessaloniki. Also, you need to arrive 1,5 –2 hours earlier from your scheduled flight in Athens airport and 1 hour earlier from your scheduled flight in Thessaloniki airport .



Preliminary programme

Wednesday, March, 20 2013:

1000 – 1800	Arrival / registration and optional social programme
1800 – 1930	INSHS Board Meeting
1930- 2000	Physical Activity and Ageing – Sub Group Meeting (A. Hoekelmann)
2000 – 2030	Sport and Society – Sub Group Meeting (J. Gaillard)
2030	Welcome dinner in the hotel

Thursday, March, 21 2013:

730 - 900	Breakfast
900 – 1230	Organized Social Programme (Visit to Meteora)
Arrival at the Department of Physical Education and Sport Science in Trikala.	
1230 – 1250	Welcome speeches/ host intro (Y. Koutentakis, V. Zisi)
1250 – 1350	Lunch (offered by the host university)
1350 - 1430	Faculty visit
1430 - 1500	Exercise and Health – Sub Group Meeting (M.Durakovic)
1500 - 1530	Performance Analysis - Sub Group Meeting (M. Hughes)
1530 - 1600	Pedagogy, Psychology, Methodology and Physical Education - Sub Group Meeting (I. Fjortoft)
1600 – 1630	Coffee break (offered by host)

Chair: Goran Sporis

1630 – 1700	Ongoing Issues INSHS (H. Dancs)
1700 - 1720	Introduction of SportProfnet (H. Dancs)
1720 - 1735	Intro RMH Network South/ Middle American Partners (M. Carvalho)

1735 – 1900 New Members Intro - PPT presentations (10min/university)

1900 – 2030 Travel back to Volos

2030 Dinner

Friday, March, 22 2013:

Chair: Joel Gaillard

0730 Breakfast

0900 – 0915 Welcome speech by prof. **Y. Theodorakis**

0915 – 1100 Introduction of international activity of institutions in 2012 (10 min PPT by each institution).

1100 – 1120 Coffee Break

Chair: Marjeta Misigoj Durakovic

1120 – 1300 Introduction of international activity of institutions in 2012 (10 min PPT by each institution).

1300 – 1430 Lunch

Chair: Anita Hoekelmann

1430 – 1530 Intro presentations about current researches (10'-15' PPT/ presenter)

1530 – 1600 Coffee Break

Chair: Henriette Dancs

1600 – 1900 General Assembly Meeting

1900 - 2130 Free time

2130 “Let’s Come Together- Snack party!”

We will have our usual and very popular **International Snack Party** in an allocated spot of the hotel. Everybody should bring a small amount of their typical national delicatessens/ snacks/ drinks from her/his country and everybody should introduce these.

Saturday, March, 23 2013:

Chair: Mike Hughes

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|--------------|---|
| 0730 | Breakfast |
| 09.00 – 1030 | Open forum – finding partners and support for int. projects (5-7'/institute to introduce future plan for 2013-14academic year |
| 1030 – 1100 | Coffee break |

Chair: Ingunn Fjortoft

- | | |
|-------------|--|
| 1100 – 1115 | Open forum – summary (Dancs. H) |
| 1115 – 1130 | Introduction of the next host (University of Alicante) - PPT (J.Chinchilla) |
| 1130 – 1200 | Closing of the Convention and sign of documentums of attendance |
| 1200 – 1300 | SportProfNet Meeting (H. Dancs) |
| 1300 – 1400 | Lunch |
| 1400 – 1500 | Optional sightseeing, social programmes organized by the host |
| 2000 - 2130 | Dinner at a Taverna (optional) |

Sunday, March, 24 2013:

Departure

Technical information about the presentations:

New members should introduce their university faculty/department/institute and their activity on the field of sport and health science. (10-15 min PPT) – **On Thursday**

“Old” members should introduce their international INSHS activity in 2012 (10 min) – **On Friday**

“Open Forum”: introduce your project for which you need partners in PPT, if possible! – **On Saturday**

Sub Group Meetings: the goal of these meetings is to discuss further cooperation on the different thematic fields. It is suggested that every participants of the convention should be there at the meetings in order to be able to inform their colleagues home. These will be chaired by the Sub Group Chairs. - **On Thursday.**

If someone would like to present her/his current researches, please send the title to the organiser on the application form! (10 min PPT). - **On Friday afternoon:** “Intro presentations about current researches”. About 10 researches/ research project could be introduced, particularly those should present who need international partners.

The deadline to send the title of presentations about researches is:

1st of March 2013

Please note: send the Registration Form to both email addresses: to Vasiliki Zisi and to Henriette Dancs as well!!!!

We are grateful for every supportive idea, suggestion, remarks regarding our next convention. Next announcement will be send out at the first week of March. Regarding the technical issues please contact Dr. Vasiliki Zisi. Regarding INSHS issues pleas contact dr Henriette Dancs.

21/1/2013 Volos and Szombathely

WELCOME to Greece and best regards,

Dr Vasiliki Zisi

Chair of the Local Organizing Committee

Email: vzisi@pe.uth.gr

Dr Henriette Dancs

Head Coordinator of INSHS

Email: dancs@mnsk.nyme.hu



Registration Form

Name of Participant(s):

* Please highlight, who will be the INSHS contact person from your institute, if more persons will come to the Convention.

Name of Institute:

Address of Institution:

Email availability of participant:

Day of arrival:

Day of departure:

Hotel accommodation requirements(the organizers make the hotel booking):

Title of presentation about current researches (Optional):

Deadline to send back the Registration Form is:

1st of March 2013 - please send to the both emails:

dancs@mnsk.nyme.hu and vzisi@pe.uth.gr

